

Community Resources

COMMUNITY RESOURCES

It is important to know that new parents are not alone. If you need help or information on Shaken Baby Syndrome or other services contact:

Michigan Public Health Institute
Keeping Kids Alive:
(517) 324-7330

Child Abuse Prevention Services:

Children's Trust Fund:

Quantity: 70,000
Cost: \$1,579.79 (.02 ea.)
Authority: DHS Director

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Babies Cry Never Shake a Baby



Family Matters Keep your baby safe

STATE OF MICHIGAN
DEPARTMENT OF HUMAN SERVICES

Babies Cry

Eighty-five percent of all babies have fussy periods.

Parents should know that it is natural for babies to cry more between three to twelve weeks of age.

Reasons why a baby will cry:

- Pain
- Hunger
- Discomfort
- Tired
- Bored
- Expressing themselves (they need to)

Routines help babies adjust.

Parents need to develop rituals with their babies during these periods, making sure they do one thing at a time to reduce the amount of activity around the baby. For example looking, talking and rocking the baby at the same time could be overload for a fussy infant. Following is a list of “things you can do” to comfort your baby.

- Changing
- Feeding
- Burping
- Cuddling
- Carrying
- Rocking

Babies need time to settle down after parents try these ways to comfort their baby. If babies continue to cry after 15 minutes, remove the child from any activity or, by placing him/her on their back alone, in a safe sleeping area.

What to do

Every year in Michigan approximately 30 children die as a result of parents shaking their infants to make them stop crying. Many more babies live through the experience only to have severe health problems.

Parents do not mean to shake their babies but they become desperate with what can seem like endless crying.

The best tip for anyone that takes care of an infant is that babies cry. Babies need to have their needs met by being changed, fed, burped, cuddled, carried and rocked. Sometimes even after meeting their needs they still cry for brief periods of 1-2 hours in the evening.

If you are taking care of an infant and you feel frustrated with the baby for crying, place the baby in a safe sleep area on his/her back. Leave the room until you can calm yourself. Never strike a baby and never shake a baby.

Babies die every year by a family member shaking them. The reason given for the shaking was inconsolable crying of the baby. It is estimated that 25% of children that are shaken die. The remaining 75% of babies shaken are left with the following injuries.

- Blindness
- Mental Retardation
- Seizures
- Learning Disabilities
- Cerebral Palsy
- Paralysis

Take a Break

Family and friends can offer support in times that the baby is fussy. Contacting a support person can help parents calm themselves. Family supports can also provide babysitting for an infant. Make sure whoever takes care of your baby knows to never shake a baby. Some examples of family supports include:

- Parents
- Children (11 years or older)
- Extended Family
- Neighbors
- Friends
- Teachers
- Siblings
- Clergy
- Tribal Elders
- Anyone else the family considers important to them and their children

Signs and Symptoms

If your baby has been shaken seek medical care immediately.

Signs of Shaken Baby Syndrome:

- Tiredness
- Vomiting
- Fussy
- Constipation
- Most noticeable as rolling of eyes upward into head
- Pupils are larger than normal and do not respond to light
- Eating problems
- Breathing problems
- Blood spots around the eyes